Lateral Thigh Trainer™ Powerhouse Owner's Manual

Step-by-Step Instruction

MAXIMUM
USER WEIGHT
250lbs./112.5g

Model#
LTT782436

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International
Fitness Expert

LTT
Lateral Thigh Trainer™

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Important Safety Information

Please read and follow all instructions carefully and thoroughly before using the Lateral Thigh Trainer.

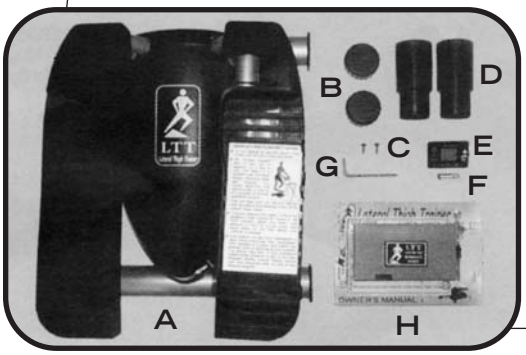
Maximum User weight 250 lbs./112.5 kg.

- Consult your physician before beginning this or any exercise or diet program, especially if you have concerns about your physical and fitness levels and overall suitability for using the Lateral Thigh Trainer. This is especially important if you are over the age of 35, have never exercised before, pregnant or suffer from any illness.
- If you experience any pain or tightness in your chest, irregular heartbeat, and shortness of breath, faintness, or unusual discomfort during exercising, stop your workout at once and consult a physician before continuing.
- KEEP OUT OF THE REACH OF CHILDREN. The Lateral Thigh Trainer is not a toy and not meant to be used by or near children. Please keep all children and pets away from the Lateral Thigh Trainer during use as well as when the product is left unattended. If you have children, it is your responsibility to ensure that they do not place any part of their body such as their fingers under the unit while you are exercising. **SEVERE INJURY CAN RESULT IF BODY PARTS OR FINGERS ARE PLACED UNDER FOOT PEDALS OR UNIT DURING USE.**
- Use CAUTION when getting on or off the Lateral Thigh Trainer. Until you are comfortable using the Lateral Thigh Trainer please hold onto a solid chair or table placed in front of the Lateral Thigh Trainer to hold on to when getting on or off the unit.
- The Lateral Thigh Trainer should be set up and operated on a flat, stable surface.
- KEEP fingers, limbs, loose clothing, and hair away from moving parts.
- Use only accessories and attachments recommended by the manufacturer. Use of any other attachments or accessories not recommended by the manufacturer will void the warranty and possibly cause serious personal injury or damage to the unit.
- Always choose the proper workout level which best suits your physical strength and flexibility.
- Follow your doctors recommendations when developing your personal fitness program.
- Know your limits and train within them. Always use common sense when exercising. If you have any questions regarding this product or its exercise program, please see your physician.
- DO NOT use the Lateral Thigh Trainer if it is damaged in any manner. Inspect unit before each use. Failure to observe this warning could result in personal injury while exercising.

SAVE THESE INSTRUCTIONS

Parts & Accessories

Accessories



- **(A)** LTT Main Unit
- **(B)** Plastic Ends x 2
- **(C)** Pan Head screw x 2
- **(D)** Rubber Feet x 2
- **(E)** Computer
- **(F)** Computer Battery
- **(G)** Assembly Tool
- **(H)** Literature Pack & Video

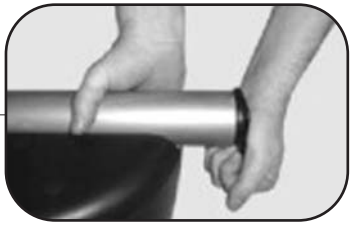
Assembly Instructions

We have designed the Lateral Thigh Trainer to be easy to assemble and use.

IMPORTANT: Remove all parts from packing and inspect for damage. Refer to page 3 for location of parts.

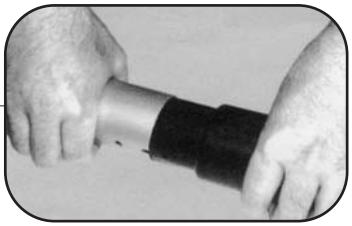
Step 1:

Remove the four shipping plugs from the left and right ends of the Front and Rear Stabilizers. Discard these plugs.



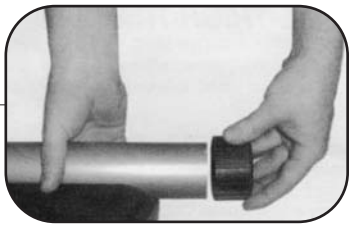
Step 2:

Insert the two Large Rubber Feet into each of the Rear Stabilizer Ends. Align the key on the foot with the slot in the tube. Ensure that the screw holes are aligned, then fit and tighten one screw in the side of each foot.



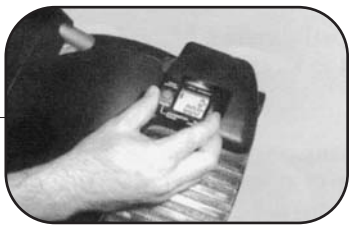
Step 3:

Push the two Small Rubber Feet over the left and right ends of the Front Stabilizer bar. **Note:** If you have purchased the Upper-Body Power Cords with your unit, please disregard this step and refer to the instructions provided with your cords.



Step 4:

Insert the battery into the back of the Computer. Press the Computer into the open hole in the Right Foot Pedal.



Benefits of Exercise

A regular exercise program can help improve the quality of your life, help give you more energy and help combat the effects of aging. Research has shown that 30 minutes of cardiovascular exercise done at the same time, or even in 3 segments of 10 minutes each combined with a weighted workout 3 to 4 times per week can help deliver the following health benefits:

The benefits of regular participation in a well balanced fitness program include:

• Weight Loss • Improved Body Shape and Definition
• Increased Muscle Mass, Strength, Endurance, Power, and Definition
• Enhanced Flexibility • Increased Metabolism • Injury Protection
• Improved Self Esteem • Improved Aerobic Fitness
• Improved Coordination and Agility

Heart Rate

Improved fitness, weight loss and a host of other important health benefits can occur when you exercise at a intensity level which places your heart rate in its target heart zone. Before starting, you must be in good physical condition and if you are over age 35 get approval from your health care provider before starting an exercise program. During your workout it is important to exercise in your target heart rate training zone. One of the best ways to know if you're exercising in your training zone is to monitor your heart rate during the workout. To do this, locate your age on the chart located at the bottom of this page. This chart shows a lower target heart rate in number beats per minute or beats every 10 seconds. If you are beginning an exercise program, start exercising at this lower heart rate level. The chart on page 6 shows an upper target heart rate level for those individuals who are in excellent physical condition and have exercised previously.

Target heart rates based on your age are to be used as a general guide only. If your fitness level is lower than average for your age, then you may want to work slightly below your target heart rate. If you feel tired, reduce your heart rate and exercise at a lower rate. Overall, the target heart chart is a guide, not a set of rules, so remember to listen to your body at all times.

Pulse Count

The pulse count (on your wrist or carotid artery in the neck, taken with two index fingers) is done for ten seconds, taken a few seconds after you stop exercising. This is for two reasons: first, 10 seconds is long enough for accuracy. Second, the pulse count is to approximate your BPM rate at the time you are exercising. Since heart rate slows as you recover, a longer count won't be as accurate.

Beginner Target Heart Rate Chart

The following chart is a guide to those of you who are starting on your fitness program.

AGE	25	30	35	40	45	50	55	60	65
10 Second Count	23	22	22	21	20	19	19	18	18
Beats Per Minute (BPM)	138	132	132	126	120	114	114	108	108

Intermediate/Advanced Target Heart Rate Chart

The following chart is a guide to those of you who are in good physical shape and familiar with the Lateral thigh Trainer.

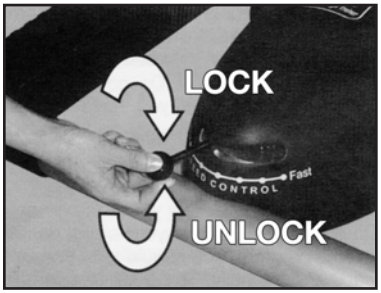
AGE	25	30	35	40	45	50	55	60	65
10 Second Count	26	26	25	24	23	22	22	21	20
Beats Per Minute (BPM)	156	156	150	144	138	132	132	126	120

Getting Started

IMPORTANT: Place the unit on a flat stable surface. We recommend using a square piece of carpet or rubber underneath your Lateral Thigh Trainer. This is to protect your floor from any damage due to prolonged use of the Lateral Thigh Trainer.

Adjusting Speed/Resistance Control:

The Speed/Resistance Control Lever: Controls the speed and amount of resistance.



The Speed Control Lever is located at the rear of unit (Refer to page 3 for location). Grasp the ball knob at the end of the lever. Rotate counter-clockwise to unlock the control, then slide the lever to either the fast or slow position. Rotate clockwise to lock (refer to picture).

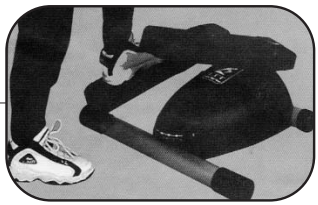
Set the speed according to your ability. The fast position is for beginners since it allows for fast stepping with little resistance. The slow position provides greater resistance to help tone and strengthen your lower body musculature **Note**: Always return the Speed Control Lever to the fast position after your workout.

Getting on the Lateral Thigh Trainer™:

IMPORTANT: To help establish correct balance and proper form while exercising on the Lateral Thigh Trainer, we highly recommend that first time users place the unit between a doorway, or position a high back chair in front of the Lateral Thigh Trainer. Hold onto the doorway or chair back and WITHOUT GETTING ON THE UNIT, slowly place one foot on a pedal and push down so that the pedal contacts the base. Now, place this same foot in the middle of the pedal and step up onto the pedal. Next, place your other foot in the center of the other pedal and slowly start stepping up and down with both feet. Keep stepping SLOWLY as you gain both balance and experience with the Lateral Thigh Trainer's unique bi-directional movement.

Step 1:

Stand on the floor at the rear of your trainer. Put your left foot fully on the tread section of the Left Foot Pedal and push it down until it stops.

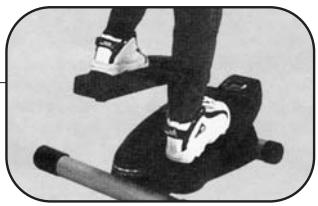


Step 2:

Place your right foot fully on the tread section of the Right Foot Pedal.

Step 3:

Start exercising at a slow tempo with smooth easy steps so that you can become familiar with the Lateral thigh trainer's unique stepping movement. To adjust pedal resistance, dismount from the unit, unscrew the knob and move it to a new position then retighten. **Note:** Smooth rhythmic stepping is the goal so try not to hit the stops under each foot pedal.



Personal Training Computer

Using the Personal Training Computer

IMPORTANT: Any input will turn on the computer.

The Computer displays 4 functions:

- *TOTAL STROKES* – Accumulated strokes
- *STROKES/MIN* – Stroke rate per minute
- *TIME* – Accumulated workout time
- *CALORIES* – Kilocalories expended

Total Strokes: Displayed in the top half of the LCD.

Mode Button: Displays the other 3 functions in the lower half of the LCD.

- Strokes/Minutes
- Time
- Calories

Press the Mode Button to select function. The small arrow will indicate which function is selected in accordance with the arrow's position on the LCD, compared to the print below the LCD. To select function to be permanently displayed, press the mode button to that function.

Scan Mode: This option automatically displays Strokes/Min, Time, and Calories for 4 seconds each.

Reset: Hold the mode button down for 2 seconds to reset all functions.

Auto Shut Off: The training computer will automatically shut itself off if it has not received an input signal during the last 4 minutes. Signals are send via the stepping motion or by touching the mode button.

Lateral Thigh Training Program

Stretching Exercises

Always warm-up by doing walking or marching exercises prior to starting your Lateral Thigh Trainer workout. Then after your workout, make sure you do gentle stretching moves to help you gain greater flexibility and reduce any soreness in your muscles the following day.

Stretches should be performed slowly and smoothly, with no bouncing or jerking. Move into the stretch until slight tension, not pain, is felt in the muscle and hold for 20-30 seconds. Breathing should be slow, rhythmical and under control, making sure never to hold your breath.

1. Quadricep Stretch

Lean your hand against a wall or chair. Stand on your left foot and grasp your right foot behind your body with your right hand. Pull your right foot upward while maintaining an erect and upright posture. Hold for 20 to 30 seconds and release. Repeat on opposite leg.

STRETCHING

2. Back Stretch

Place your feet shoulder-width apart. Bend upper-body forward from the hips and place hands on thighs for support. Round your lower back into a "arch" position and hold for 20 to 30 seconds. Then, straighten your back and repeat.

STRETCHING

3. Hamstring Stretch

Stand with feet close to one another with toes pointing in the same direction. Extend left foot forward and place heel on floor. Bend upper body forward and place hands on thighs for support. Hold for 20 to 30 seconds and repeat with opposite leg.

STRETCHING

4. Calf & Achilles Stretch

While keeping your toes pointed forward and feet flat on the floor, step forward with the left foot. Lean forward by bending through the hip at the same time that you bend your left knee. Don't allow the knee in front to extend over your toe. Keep your back leg straight and foot flat on floor and hold for 20 to 30 seconds then release. Repeat opposite leg.

STRETCHING

5. Calf and Hip Stretch

While keeping toes pointed forward and feet flat on floor, step forward with your left foot. Lean forward by bending through the hip at the same time that you bend your left knee. Don't allow the knee in front to extend over your toe. Keep your back leg straight and foot flat on floor. Then turn your upper-body and face forward with right hand on hip to stretch hips further. Hold for 20 to 30 seconds and release. Repeat on opposite leg.

STRETCHING

6. Shoulder Stretch

Stand with both feet together. Reach your right arm across your body. Grasp this arm with your left hand and pull it even further across your body as far as comfortable. Hold for 20 to 30 seconds and release. Repeat with opposite arm.

STRETCHING

7. Buttocks, Hips & Oblique Stretch

Sit on the floor. Bend one leg over opposite leg. While keeping your body in an upright position, press your hands against your outer thigh to bring your leg closer to your body. Hold stretch for 20 to 30 seconds and release. Repeat with opposite leg.

STRETCHING

8. Tricep Stretch

Extend both arms above your head. Bend right arm at the elbow and lower right hand towards back of neck. Grasp the right elbow with left hand and pull right arm back as far as you comfortably can. Hold for 20 to 30 seconds, then repeat on the opposite side.

STRETCHING

9. Inner Thigh Stretch

Stand with legs as far apart as comfortable. While facing forward, lunge to one side by bending one knee. Don't let the knee extend over the toe. Place hands on bent thigh for support. Hold the stretch for 20 to 30 seconds, then lunge to opposite side and repeat.

STRETCHING

10. Oblique Stretch

Stand with feet facing forward. Extend one hand over head and lean over as far as you comfortably can. Hold for 20 to 30 seconds and repeat on the opposite side.

STRETCHING

Workout Frequency

We recommend that you start exercising on the Lateral Thigh Trainer at least every other day. Beginners may want to start with a 5-minute program and advance to 15 minutes then 30 minutes done at the same time or broken into three 10 minute sessions. If your fitness level is sufficiently high, you may choose to workout every day, but remember to always listen to your body.

Speed Control/Resistance

The best way to determine your proper resistance setting depends on your fitness goals. If your using the Lateral Thigh Trainer for the first time or desire acardiovascular, fat-burning and strength endurance workout than we recommend that you place the Speed control Knob in the FAST position. This allows you to step at a fast, easy and steady pace with light pedal resistance.

The stronger your muscles become the more resistance you may need to strengthen your legs and improve your cardiovascular system. To do this, simply slide the knob towards the SLOW position. Do not slide the knob more than one half an inch at a time per workout until you reach your desired resistance.

If you chose to receive a more intense muscle strengthening workout for your lower body place the resistance knob more towards the SLOW position. **IMPORTANT:** Make sure your muscles are strong enough to handle the intense pressing against the pedals prior to moving the Resistance Knob towards the advanced SLOW position.

Proper Stepping Technique

After mounting the Lateral Thigh Trainer (please refer to the "Getting Started" section of this manual). It is important that you make a mental note to where the base of the unit is compared to the depth of your personal stride. While striding, do not let the pedal stop hit the base section. Simply shift your weight from one leg to the other prior to each pedal touching the base.

Training Exercises

IMPORTANT: Some of the following exercises shown require the Lateral Thigh Trainer Upper Body Power Cords accessory. If you did not order the Power Cords accessory with your unit they can be purchased separately. See Insert included with this package to order the Power Cords accessory. All Power Cords exercises can also be performed with small hand weights.

WARNING:
If you feel faint, lightheaded or dizzy stop exercising immediately

FREE SWINGING STEP

Easy Cardiovascular Workout

Step on the Lateral Thigh Trainer as outlined in the "Getting Started" section of this manual. Slowly begin to swing your arms from side to side as if you were walking normally. You can increase the intensity of your workout by swinging your arms higher. However, only swing your arms at a higher level when you are comfortable with a gentle and easy swinging motion.

DEEP THIGH SQUATS

Helps define, strengthen and tone buttocks, hips and thighs.

Lower your buttocks closer to the base of the unit by bending your hips and knees. Do not allow your knees to go in front of your toes. Do as many repetitions in this position as you can comfortably, then return to your normal stepping position to give your legs a rest. Repeat.

OVERHEAD PRESS

Defines your shoulders while it trains your legs.

While stepping, position your hands near your shoulders. Every time your right or left foot down against the pedal, extend both hands over your head toward the ceiling, without locking-out your elbows. Next, as you press the opposite foot against the pedal, slowly lower your arms back to their starting position and repeat.

BICEP CURLS

Strengthens the biceps muscles while delivering a great cardiovascular workout.

While stepping, extend your arms down by your sides with your palms facing out. Every time you press your right or left foot down against the pedal, bend your elbows and raise both hands towards your chest. Next, as you press with your opposite foot slowly lower your arms back to their start.

TRICEP KICK BACKS

Strengthens and defines the back of the arms while toning your buttocks, hips and thighs.

While stepping, place both arms with your elbows bent, next to your sides. Every time you press your right or left foot down against the pedal, bend only at the elbow and extend the lower part of your arms backwards until your arms are almost extended, without locking out your elbows. Then, as you press with the opposite foot, return your arms back to their starting position and repeat.

FRONT DELTOID RAISES

Upper-Body Power Cords are an optional accessory sold separately.

Shapes and sculpts shoulders while getting a great cardiovascular workout.

While stepping, place both arms at your side with the elbows bent. Every time you press your foot down against the pedal, lift one arm up in front of your body until your hand reaches shoulder height. Then as you press your opposite foot against the pedal, lower your extended arm back to its starting position while you raise the opposite arm in front of your body. Continue to alternate your arms every time you step.

SIDE DELTOID RAISES

Upper-Body Power Cords are an optional accessory sold separately.

Rev-up your cardiovascular workout while you train your legs and shoulders at the same time.

While stepping, place both arms at your side with your elbows slightly bent. Next, each time you press your right or left foot down against the pedal, slowly raise both arms so they are level with your shoulders. Then, as you press your opposite foot against the pedal, slowly lower your arms back to their starting position and repeat.

TRAINING

UPRIGHT ROWING

Upper-Body Power Cords are an optional accessory sold separately.

Rev-up your metabolism while strengthening your shoulders and traps.

While stepping, extend both hands down directly in front of your body with arms slightly bent. Next, every time you press your right or left foot down against the pedal, slowly lift both elbows out to a horizontal position level with your shoulders with your hands underneath your chin. As you press your opposite foot against the pedal, slowly lower your arms back to the starting position and repeat.

Cool Down

After exercise or strenuous physical activity, it is important to decrease your body temperature gradually till your normal body temperature is reached. It is just as important to include stretching moves during the cool down process to reduce soreness in your muscles the following day. Always drink plenty of water, and try some deep breathing and relaxation techniques to end your work out in a positive frame of mind and a sense of fulfillment.

Adjusting Pedal Height

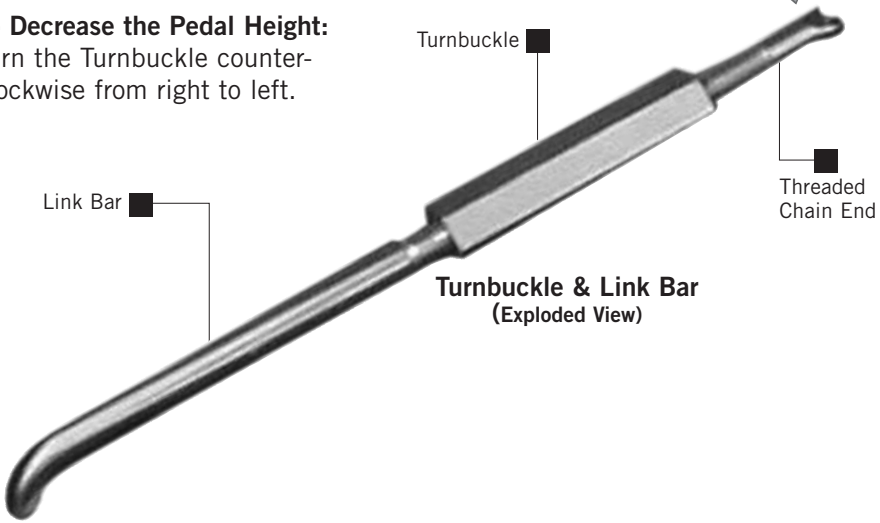
The Lateral Thigh Trainer is shipped with the pedals set a medium height position. However, if you prefer, the height of the pedals can be adjusted to customize your workout to your fitness level. Increasing the pedal height increases the range of motion of each step for a more intense cardio workout.

To Adjust the Pedal Height:
Turn the unit over and lay it on the floor so that the bottom is facing upwards (Refer to picture for positioning of unit). Position yourself at the rear of the unit so that the Turnbuckle Adjustment and the Link Bar are located on the left side.

Main Unit (Bottom)

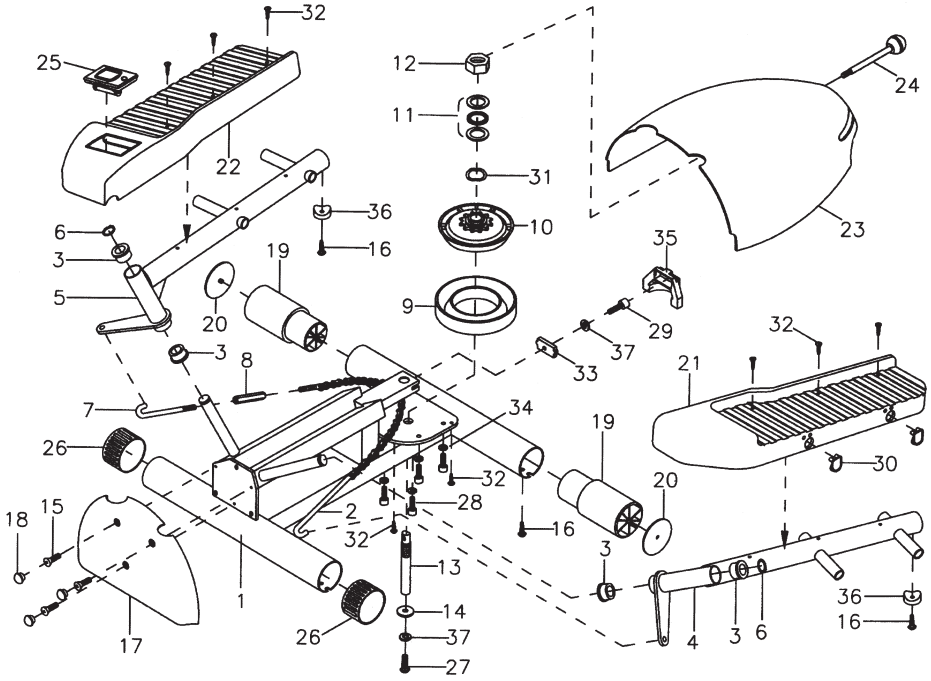
To Increase the Pedal Height:
Turn the Turnbuckle clockwise from left to right (Refer to picture for location).
Note: You may want to slightly lift the base of the unit by lifting the metal frame slightly so that the Turnbuckle Adjustment is easier.

To Decrease the Pedal Height:
Turn the Turnbuckle counter-clockwise from right to left.



Turnbuckle & Link Bar
(Exploded View)

Exploded View & Parts



NO.	PART DESCRIPTION	QTY
1	MAIN FRAME	x 1
2	LINK BAR WITH CHAIN	x 1
3	FOOT TUBE BUSHING	x 4
4	LEFT FOOT TUBE ASSEMBLY	x 1
5	RIGHT FOOT TUBE ASSEMBLY	x 1
6	STW-19 CIRCLIP	x 2
7	TURNBUCKLE LINK BAR	x 1
8	TURNBUCKLE	x 1
9	OUTSIDE CONE	x 1
10	INSIDE CONE	x 1
11	THRUST BEARING	x 1
12	LARGE NUT	x 1
13	SHAFT	x 1
14	Ø35 x Ø8 x 3mmt WASHER	x 1
15	M5 x 10mm C/SUNK BOLT	x 3
16	M5 X 15mm PAN HEAD SCREW	x 2
17	FRONT COVER	x 1
18	FRONT COVER PLUGS	x 3
19	FOOT PLUG	x 2

NO.	PART DESCRIPTION	QTY
20	FOOT PLUG CAP	x 2
21	LEFT FOOT PEDAL	x 1
22	RIGHT FOOT PEDAL	x 1
23	REAR COVER	x 1
24	SPEED CONTROL LEVER	x 1
25	MONITOR	x 1
26	Ø60mm PVC CAP	x 2
27	M8 x 20mm PAN HEAD BOLT	x 1
28	M6 x 15mm SOCKET HEAD BOLT	x 4
29	M8 x 20mm SOCKET HEAD BOLT	x 1
30	FOOT PEDAL PLUG	x 4
31	Ø30mm WAVE WASHER	x 1
32	M4 x 15mm PAN HEAD SCREW	x 10
33	SHAFT STOP PLATE	x 1
34	M6 SPRING WASHER	x 4
35	CHAIN KEEPER	x 1
36	STOPPER	x 2
37	M8 SPRING WASHER	x 2

Trouble Shooting

Problem	Solution
The Foot pedals appear to be struck in place or are difficult to move.	This temporary "lock up" problem is usually a result of the unit being used continuously for an extended period of time. The stepping resistance produces heat which causes the internal disc to become sluggish. To unlock the pedals, place the resistance lever in the "FAST" position. While holding onto a doorframe or chair to secure your balance, use one foot to tap hard on higher pedal to unlock the internal resistance disc.
Pedal resistance seems to high.	The resistance system of the Lateral Thigh Trainer can be slightly adjusted from its original factory settings. To do this, gently turn your unit and lay it on its back. See the resistance bolt (Part#27) found on the bottom of the unit (refer to the parts identification drawing and place the resistance lever in the "Fast" position and loosen this bolt one full turn counter-clockwise. Turn your unit over and move the resistance lever from the fast to the slow and back again to the fast position. Then grasp the pedals and gently move them from side to side. The unit's resistance has now been set to a lower level.
I cannot remove the red shipping plugs from the stabilizer tubes.	Insert a Philip screwdriver or similar screwdriver (longer is better) into the hole in the red plug and pry the plug out. It is okay to destroy the plug, since it is only used to protect the stabilizer bars from damage during shipping.
The Lateral Thigh Trainer squeals or makes noise.	Make sure all screws and bolts are securely fastened. Also, a small amount of lubricant such as WD-40 can be added to reduce friction and noise. Areas to lubricate are the bushings (Part #3) as well as the sprocket area (Part #10). CAUTION: Always wipe off excess lubricant so as not to damage or stain carpets and floor coverings. Never spray lubricant on your Lateral Thigh Trainer directly after use when resistance mechanism could be hot.

Lateral Thigh Trainer™

Step by Step Instructions

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